



TOPIC

Appreciating & Valuing

LEVEL

Fourth Grade

THEME

Gratitude Journaling

LEARNING OUTCOMES

At the end of the lesson, the students are expected to:

- Define the terms appreciation and valuing and provide examples of each.
- Identify and record individuals they appreciate and why they value them.
- Practice expressing gratitude through writing and/or drawing in a structured gratitude journal.
- Reflect on how showing appreciation can improve emotional well-being and classroom community.

MATERIALS

- Gratitude Journals (one per student)
- Writing utensils

ESSENTIAL QUESTIONS

- What does it mean to appreciate people and experiences in our lives?
- How does practicing gratitude make us feel connected and supported?
- How can writing in a gratitude journal help us remember to say, "I've got your back"?

CHECK-IN / WELCOME (5 MINUTES)

Say: "Hi, everyone! Welcome to today's Aavidum lesson. Aavidum means, 'I've got your back.' Today we are going to talk about something really important that helps us feel connected and cared for: appreciation. To start, let's go around the circle and share one word about how you're feeling today."

GUIDED DISCUSSION / TOPIC INTRODUCTION (10 MINUTES)

Say: "Today's topic is about appreciation and valuing. First, let's look at the word appreciation. What do you think it means?"

- Put APPRECIATION on the board. Allow students to share responses.

Say: "Appreciation means 'enjoyment of the good qualities of someone.' It's when we notice what's good about someone and feel thankful for it. Turn to a partner and share an example of how someone might show appreciation to another person."

- Give your own example and then Invite 2 or 3 students to share aloud.

Say: "Now, let's talk about valuing."

- Put the word VALUING on the board.

Say: "What do you think it means to value someone?"

- Allow students to share answers.

Say: "Valuing means 'considering someone important and having a high opinion of them.' When we value someone, we see their worth and treat them with respect. For example, valuing someone might look like including a new student at recess, listening carefully when a classmate talks, or telling a friend you appreciate their help."

ACTIVITY: GRATITUDE JOURNAL (20 MINUTES)

Say: "Today we're going to learn about something called a gratitude journal. A gratitude journal is a place where you can write or draw about things and people you are thankful for. When we take time to do this, it actually helps our brains feel happier and less stressed. It also reminds us to notice all the good things that happen around us, even the small ones. Just like Aavidum says, it helps us remember: we've got each other's backs."

Pass out the Aavidum Gratitude Journal Worksheets.

Show students an example page on the board.

Say: "On the page called 'People I Am Grateful For,' write or draw 5 people in your life you appreciate. These could be friends, teachers, coaches, neighbors, family members, or anyone who has your back. Next to their name or picture, write one word or short sentence about why you appreciate them. An example would be, 'I appreciate my friend Ava because she makes me laugh when I'm sad.' If you finish early, you can choose another page in your journal, like 'Things I'm Thankful For' or 'My Favorite Memories.'"

Play quiet music while students work. Walk around to encourage and help.

When students look like they're finishing, say: "Let's share! Who would like to tell us about one person you wrote down and why you appreciate them?"

Ask:

- "How did it feel to think about people you appreciate?"
- "How might it feel for those people if we told them we appreciate them?"
- "Why do you think Aavidum cares about appreciation?"

Say: "When we take time to notice what we're thankful for and tell people we appreciate them, we're saying 'I've got your back.' It builds stronger friendships and makes everyone feel seen and valued. There are other pages and other activities in your Gratitude Journal that you can complete this week or during a time where you're feeling sad or overwhelmed."

WRAP-UP (5 MINUTES)

Say: "Today we learned that appreciation is about noticing the good in others and valuing them. Here's your Aavidum challenge. Tell at least one person you appreciate them today. It could be a family member, a friend, or someone here at school. Next time we meet, we'll check in and share how it felt to give appreciation."